NATURAL WAYS TO REDUCE THE DANGERS OF EMFs

KEEP YOUR CELL PHONE AND COMPUTER AT A DISTANCE WHEN POSSIBLE

Avoid carrying your cell phone in your pocket or bra.

Avoid using your laptop on your lap when connected to a power source.

Use a separate keyboard and mouse when using laptop for an extended amount of time.

AVOID BLUETOOTH HEADSETS

Use speakerphone instead of a Bluetooth to reduce radiation.

TRY EARTHING

Earthing, or grounding, is making direct contact with the earth.

Grounding can eliminate the ambient voltage that comes from everyday electricity power sources.

Take a barefoot walk on the beach or on the grass in a nearby park

PROTECT YOUR HOME

Unplug appliances when not in use.

Keep the bedroom clear of as many EMFs as possible.

Try to avoid halogen and fluorescent lighting.

Avoid wifi or unplug it when not in use.

YOUR DIET CAN PROTECT YOU

Eat high ORAC foods & super nutrients like:

Pecans

Pomegranate Seeds

Rosemary

Asparagus

Blueberries

Walnuts

Prunes

Broccoli

Cinnamon

Dates

Cilantro

Holy Basil

Omega-3 Fatty Acids

Noni

Spirulina

Vitamin D3